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Deanna Hartmier,
also known as
Dee Dee the Clown.
CONTRIBUTED

QUIT YOUR CLOWNING

Local jester can't find work, blames creepy clowns

metroNEWS

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Setting the stage to drop
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A Dog's Life explores the relationships between some people living on the streets and their beloved canine companions. CONTRIBUTED

Spurring some real change

The city's Siloam Mission has teamed up with the Winnipeg Film Group for the Spare Some Change film festival with one overriding aim — engaging and expanding horizons on modern homelessness



Braeden Jones
Metro | Winnipeg

If people only knew what circumstances led to others experiencing homelessness, maybe they would spare some change.

That's something Siloam Mission believes, and the reason the shelter has partnered with the Winnipeg Film Group to host two days of discussions and film screenings Oct. 12-13 exploring poverty and homelessness.

"We're always trying to engage, always trying to reach a different audience," said Siloam spokesperson Al Foster.

He said the Mission has its regular donor base, but through initiatives like the Spare Some Change film festival this week, is trying to expand its horizons and get more



A still from The Overnighters. CONTRIBUTED

people informed and engaged. "We thought this (film festival) a perfect fit for a number of reasons... there are so many great documentaries out there which really do look at the different layers and complexities of homelessness and poverty," Foster said. "We are

really thrilled and excited just to get a discussion going."

Dave Barber, who selected the films being screened at Cinematheque on Arthur Street this week, said each one really chosen for its potential to "stimulate discussion."

Wednesday at 7 p.m., provin-



A scene from Us and Them. CONTRIBUTED

cial Minister of Culture, Heritage and Sport Rochelle Squires and director Krista Loughton will introduce *Us and Them*, which was filmed over a decade in Victoria B.C and tracks four people's reflections on the "heartrending realities of their lives."

The 9 p.m. showing Wednesday night, *The Overnighters*, is based in Williston, North Dakota, and reveals the "start reality of slim work prospects and nowhere to sleep" following a chase for a "broken American dream."

The third film in the festival,

A Dog's Life, screens Thursday at 7 p.m. and is a deep look at the relationship between some homeless people and their dogs.

Barber said the films, are "all based on real life," depicting real, honest drama and sobering truths.

"I think everybody has had an experience with homeless people. They're often shut out of society and people don't like to think about it, but if you dig deep enough (as these films do), there's a reason for it," Barber said. "In *A Dog's Life* for example, you start to become aware there are a number of shelters which don't accept pets, which forces those people to make a very difficult decision and sleep in the street."

Tickets are available at winnipegfilmgroup.com. Foster said there will be a Siloam Mission donation box set up during the screenings.

Clowns' frowns are real now

SAFETY

Imposters with masks bad for business, says association



Jessica Botelho-Urbanski
For Metro|Winnipeg

Imposters wearing creepy masks are costing well-meaning clowns their business and affecting their personal safety, according to the past president of the World Clown Association.

Deanna Hartmier, who goes by Dee Dee when she's in costume, said she hasn't gotten calls for clowning gigs in over a week. She believes the lack of calls is due to increased sightings of people wearing scary clown outfits and masks in public.

Clowns already get a bad rap in some circles and coulrophobia (fear of clowns) is very real, she said. So the fad of donning clown masks to scare strangers is only hurting the profession more.

"It is affecting businesses because how many people out there are going to want to invite a clown after their kids are saying, 'Oh there's scary clowns out there!'" Hartmier said. "It's a sad thing because right now the world needs the clowns more than ever for keeping people laughing."

Social media reports over the weekend showed creepy "clown" sightings in St. Vital and Charleswood. Winnipeg police said they haven't gotten any official reports of clowns being threatening, but they are aware of the clowns' social media presence.

Parody Instagram and Twitter accounts have popped up advertising appearances for clowns, one of which allegedly happened at Maples Collegiate



Deanna Hartmier, left, also known as Dee Dee the clown, is having trouble getting gigs in the wake of the creepy clown phenomenon. DEEDEETHECLOWN.COM
Native Nova Scotian Jarrod Brooks, right, has harmlessly dressed up as Pennywise the clown for the last two years while attending comic book conventions in Halifax and now worries for his safety with the recent appearances of 'killer' clowns across the country. CONTRIBUTED



during the lunch-hour Tuesday.

Three police cars were parked outside the high school, but it didn't appear as though any clowns crossed the premises.

"I understand why people are concerned or are interested, but certainly in Winnipeg, we're not experiencing anything that needs to raise any community fears here," police spokesman Const. Rob Carver said. "We've got kids dressing up as clowns thinking it's funny."

Police advise everyone to err on the side of caution and call them if they spot any person who appears threatening.

Winnipeg School Division spokeswoman Radean Carter said schools are taking directions from police about safety precautions for clown sightings. Staff have advised students to

let them or police know if they see any strange activity around school grounds.

As for clown costumes this Halloween, Carter said the division hasn't yet discussed whether clown-wear will be allowed at schools. Some American schools have adopted an outright ban on clown costumes in an effort to decrease disruptiveness.

Hartmier pointed to media reports calling the pranksters "clowns" aren't accurate. They're "imposters" because they aren't embodying the true spirit of clowning, she said.

"Clowns make people feel good about themselves," Hartmier explained. "Personally speaking, I've actually helped a child who was unresponsive in the hospital for two months. We managed to pull her out.

How do you think her family feels about the clowns? They love the clowns."

Around the world, clown friends of Hartmier's have been pulled over by police for going out in costume. They've also gotten death threats from complete strangers, she said.

Hartmier said she's been a clown more than 20 years, travelling the world. Currently, she hosts fire safety and anti-bullying presentations at local schools with her clowning partner, Puff (Valerie Meiners).

Although she doesn't know anyone who's been hurt close to home, she is still worried about clowns' safety.

"When you come up to me and hit me, I'm going to hurt. There is a person there. I'm not a cartoon."

Swear to god, if I hear about one more clown sighting in Winnipeg, I'm leaving the city
@djblitzwpg

Doing my usual before bed Facebook scroll and saw that someone has spotted a clown in Winnipeg and well I guess I won't be sleeping tonight
@Ashleytalkalot

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How a field becomes a rink

HOCKEY

Blue Bombers' home turf turns into an NHL rink

Braeden Jones
Metro | Winnipeg

The NHL Heritage Classic may be an outdoor game, but it's not pond-hockey.

"We're putting on an NHL game," said the league's facility manager, Mike Craig.

Craig is supervising while Investors Group Field is slowly transformed into an open-air NHL-calibre arena in preparation for the Oct. 23 showdown between the Winnipeg Jets and Edmonton Oilers.

He said everything is on schedule after the world's largest mobile refrigeration unit — one of two the league owns — arrived in Winnipeg on Tuesday.

"We've now parked the refrigeration truck out back ... we've started putting the armour deck down on the field, started building a stage which the ice panels and rink will actually be supported on, and (we're) getting ready to run out pipes off the refrigeration truck," he said.

By Friday, Craig said the boards will be up so it will "start to look like a rink out there for sure by that point."

Craig's been a part of every outdoor game the NHL has staged since the first one in Edmonton back in 2003.

Since then, he said he and his crew of about 20 guys concerned with the ice have "definitely learned things along the way," specifically how to deal with different weather conditions.

But looking at the forecast for when the Jets host the Oil-

ers — and alumni from both clubs face off — he said, "there's nothing that stands out as anything we haven't seen before ... (nothing) that should negatively impact (the ice)."

But even under the best conditions, Craig's work doesn't end when the rink is set up — he'll be working nearly around the clock until then, and con-

tinue monitoring conditions after the puck drops.

"Our expectations with our crew is to make sure it's NHL-calibre ready out there, that's always our goal," he said. "We make sure it's good, safe, ready to go."

High-tech help embedded

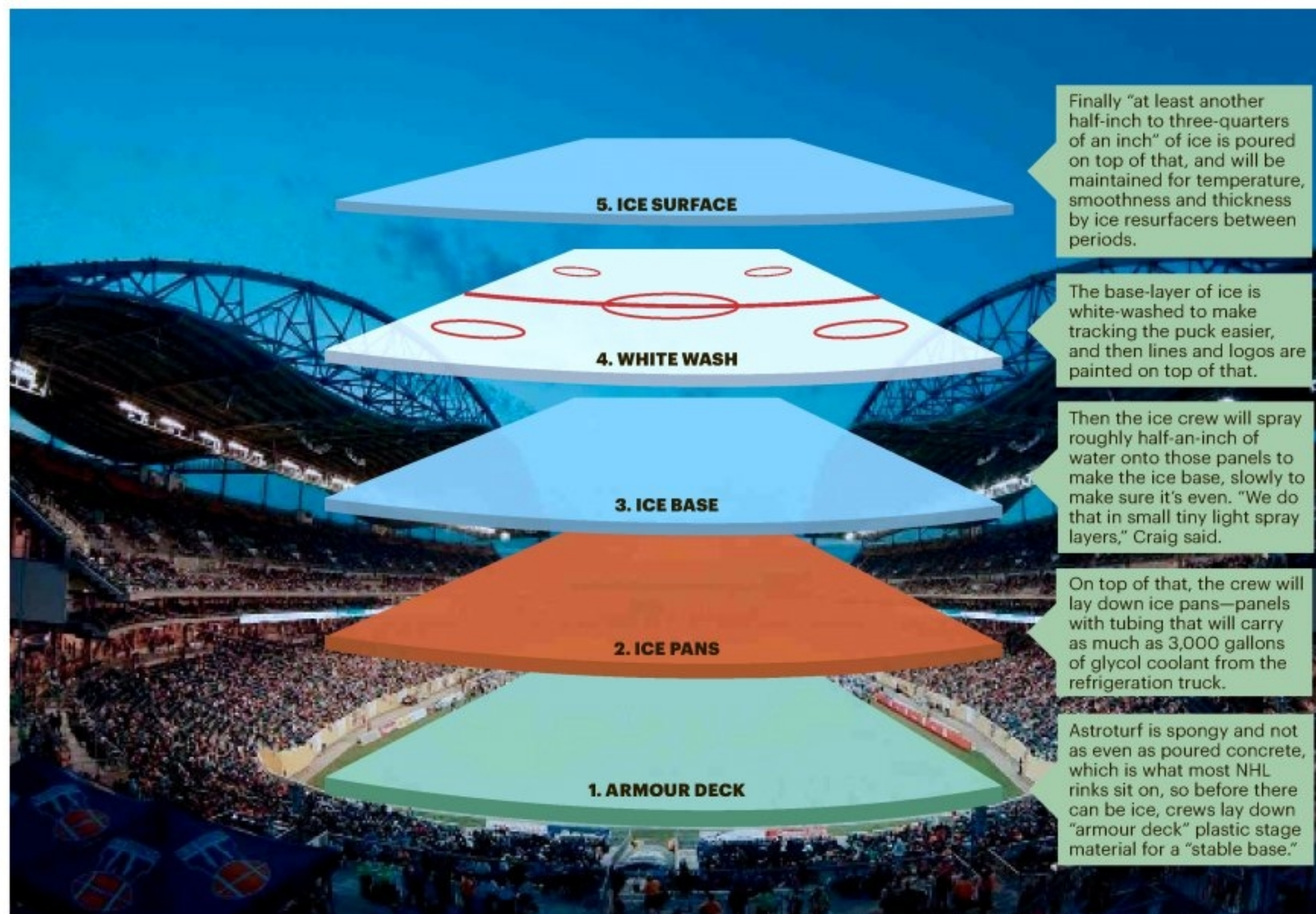
Part of the work on game-

day involves communicating with the Zamboni drivers, and giving them up-to-the-minute information critical to ensuring enough water is put down and enough snow is taken off for optimal ice conditions.

For that, the ice crew uses eight "eye on the ice" sensors that sit between the cooling panels and ice to monitor tem-

perature.

"We can watch on our phones so we can make adjustments based on that ... we basically have real-time ice temperature (readings)," Craig said. "At the end of the day (that's) what we're trying to control... that's where the skating takes place, that's where everything happens."



Finally "at least another half-inch to three-quarters of an inch" of ice is poured on top of that, and will be maintained for temperature, smoothness and thickness by ice resurfacers between periods.

The base-layer of ice is white-washed to make tracking the puck easier, and then lines and logos are painted on top of that.

Then the ice crew will spray roughly half-an-inch of water onto those panels to make the ice base, slowly to make sure it's even. "We do that in small tiny light spray layers," Craig said.

On top of that, the crew will lay down ice pans—panels with tubing that will carry as much as 3,000 gallons of glycol coolant from the refrigeration truck.

Astroturf is spongy and not as even as poured concrete, which is what most NHL rinks sit on, so before there can be ice, crews lay down "armour deck" plastic stage material for a "stable base."

ILLUSTRATION BY ANDRES PLANA/METRO, PHOTO: WWW.BLUEBOMBERS.COM

+ AFTER IT'S OVER

The ice is broken into massive squares and hauled out with skid-steers so everything else can be disassembled. Tear-down takes about three days.

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CORRECTION NOTICE

On Friday October 7, Metro News Winnipeg incorrectly listed on page 14 in the Murray Chevrolet Ad that the Audi A4 was listed for \$26,998 where in fact the listed price should have been \$35,998.

We apologize for any inconvenience.

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Infected trees to cost city half million

FORESTRY

Over 6,000 Dutch elms set to be killed this year



Stephanie Taylor
Metro | Winnipeg

The city plans to spend more than half a million dollars to uproot Winnipeg trees infected with Dutch elm disease.

Last year marked the highest volume of American elm trees that were hit with the disease since 1999, according to a new staff report up for debate at Thursday's meeting of the finance committee.

Martha Barwinsky, an urban forester with the city, said 6,500 trees were slated for removal

last year.

This year, some 6,100 trees are set to be killed.

"The past five years we've been removing 5,550 trees on average," Barwinsky said on Tuesday.

"The risk is that the incidents of disease increases exponentially where we lose control."

The city currently manages its Dutch elm disease prevention initiative through a cost-sharing agreement with the province.

Dave Domke, the manager of the city's parks and open spaces division, says in the new report that provincial dollars usually pay for the removal of around 3,500 trees.

"Due to the extraordinary volume of elm tree removals in the 2015/2016 removal season (6,250 trees) and to new elms identified for removal in the 2016 DED (Dutch elm disease) surveillance season, a \$567,000 budget over expenditure is required for 2016."



Beetle feeding marks on a tree infected with Dutch elm disease, spread by the elm bark beetle. CREATIVECOMMONS.ORG

URBAN PLANNING

Developers pitch shared growth fees

Members of Winnipeg's development community have officially promised to "cost-share" the bill for development-related infrastructure.

That commitment, however, hinges on a request for the city to apply a more thorough planning process to the potential implementation of growth fees, explained Eric Vogan, chairman of the Urban Development Institute and vice president at Qualico.

Vogan spoke to reporters Tuesday afternoon following a private meeting with councillors and other industry members at consulting firm MNP's downtown office at Portage and Main.

At the meeting, half a dozen councillors were presented with a proposed "alternative approach" to the possible introduction of growth fees — the path the city is currently on, which features a Jan. 1, 2017 start date.

Councillors in attendance of the meeting were Janice Lukes, Russ Wyatt, Brian Mayes, Shawn Dobson and Ross Eadie, as well as Matt Allard's executive assistant.

Coun. John Orlikow, chairman of the planning, property and development committee — who is in charge of holding individual consultations with industry members on the next steps forward on the growth fees plan — was not there, but told reporters earlier he planned to reschedule a sit-down.

Mayor Brian Bowman was also not in attendance, but a spokesperson from his office said he has met with developers numerous times previously.

A handout of Tuesday's presentation, which was prepared by the Urban Development Institute and the Manitoba Home Builders' Association, states both parties "confirm an ongoing and sincere interest to work together with the City to get this right."

"We understand there are demands for new infrastructure created by new development, and these need to be paid for," the presentation reads.

It goes on to underline a proposed approach, which in-

cludes arriving at "an agreed, time-bound process with clear objectives and outcomes," with the city.

"With a commitment from all parties, work necessary to get to reasonable cost-sharing models could be completed in a year," it reads.

Both Vogan and home builders' president Mike Moore urged the city to use a planning process that includes establishing working groups, determining how and where growth should occur, conducting a regional infrastructure plan and then examining various cost-sharing models.

Neither Vogan nor Moore agreed that levying new growth charges on developers of residential, commercial or industrial properties was the right way to go.

That pair did lend support in helping the city find a way to pay for development-related service needs through a different, unspecified financial tool.

When asked earlier about his own consultations, Orlikow described a split in opinions amongst developers, some of whom are adamant growth fees are not needed, while others express a willingness to work with the city to hammer out a plan.

"It's not about the developers deciding what they want to talk about. It's about us deciding together what we want to talk about," he said of the growth fees proposal.

STEPHANIE TAYLOR/METRO



Councillor Janice Lukes
STEPHANIE TAYLOR/METRO

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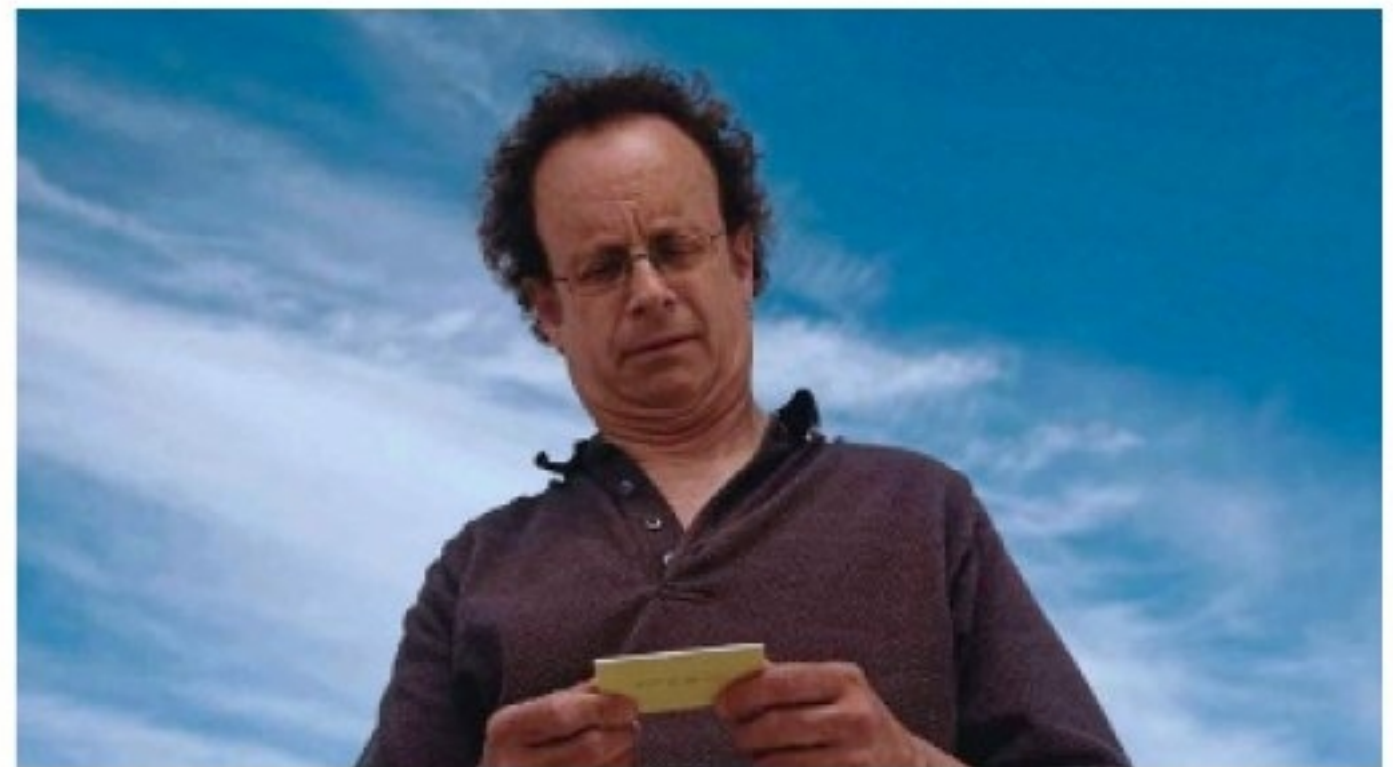
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Kids in the Hall comedian Kevin McDonald ate a lot of mustard sandwiches during the making of the music video for Forever. CONTRIBUTED

Edgy music video cuts the mustard

AUDIOOPERA

Kids in the Hall star's cameo proving to be a big global hit



Jessica Botelho-Urbanski
For Metro | Winnipeg

A Winnipeg-made music video featuring a famous Kids in the Hall comedian is garnering buzz among the global film community.

Kevin McDonald stars as a depressed and divorced dad in the latest video from AudioOpera, a solo music project by Winnipegger Graeme Barrett.

Barrett and local filmmaker Avery Steadman said they were inspired by '70s sci-fi and indie movies, like Napoleon Dynamite, while making the video for Forever.

"I wanted to go for more of a sci-fi kind of thing, but nothing with face paint and aliens, where they shoot laser guns," Barrett said, adding he wanted to give a

shoutout to small-town oddities, like the Golf Dome, which figures prominently.

"I think a lot of people might take it for granted how interesting it is when you come into Winnipeg (for the first time) and you're driving around."

Forever is the first single off Barrett's new album Flying from the River out Oct. 19.

In the video, McDonald rages while playing electronic golf, eats some very unappetizing-looking mustard sandwiches on white bread and cocoons himself in a tranquility chamber.

His wardrobe is a bit less than flattering — think greying undershirts, sleeveless green polo shirts

and pleated khakis. The Kids in the Hall founder was happy to do a project close to home, even though he doesn't share much in common with his character.

"I'm just a hack vaudevillian comedian, but anything I do I have to sort of pretend I'm an actor," he joked. "Like chords to a song, I think there's only so many feelings we can have so I think you can relate to anything."

The video for Forever was chosen as a Vimeo Staff Pick Monday, which was a welcome Thanksgiving surprise, Steadman said. The Vimeo pick means a prominent spot on the online filmmaking hub's homepage.

"Getting people's head around the fact that a music video can be a narrative, a short film, and it doesn't have to be commercial, that's been really tough for me," he said.

Barrett and Steadman are long-time friends, who graduated from St. Paul's High School together in 2013.

They said they'd like to apologize to McDonald for making him eat so many mustard sandwiches during the making of the music video.

+ SEE HIM LIVE

Catch Kevin McDonald performing live on Thursday at the Winnipeg Improv Festival. He'll be hosting Sketch Comedy Night at the Gas Station Arts Centre (445 River Ave.) starting at 8 p.m. Tickets are \$15.

CAPITAL BUDGET

City asked to pay for public art



Stephanie Taylor
Metro | Winnipeg

The Winnipeg Arts Council (WAC) is asking the city to spend more on public art.

According to WAC's \$4.7 million corporate plan for 2017-2019 — which will be presented at city hall on Friday — the not-for-profit will ask the city to spend \$650,000 on the public art program in its upcoming

capital budget.

That represents an increase of \$150,000 "in order to reinvest in this nationally-celebrated program that has not seen a change in allocation since it was established twelve years ago."

"The increase will allow for the technical and conservation expertise required to preserve Winnipeg's Public Art Collection in addition to more substantial projects," the plan reads.

The 2017 financial plan also

includes a two-per-cent increase in funding — which was in place the previous two years — and is earmarked to be spent on individual project grants.

The \$4.7 million will continue to fund multi-year grants for local arts organizations and the development on indigenous art initiatives.

In 2014, Mayor Brian Bowman campaigned on a pledge to increase WAC funding from \$5.6 to \$7 per capita.

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School left buzzing after bee house win

UNIVERSITY OF MANITOBA Sustainability project takes home award in Baltimore



Braeden Jones
Metro | Winnipeg

The University of Manitoba is the bee's knees for sustainability after receiving a major award Thanksgiving weekend for hosting an apiary contest.

The school's bee house design competition launched

earlier this year has won the "outstanding achievement and progress towards sustainability" award from the Association of the Advancement of Sustainability in Higher Education (AASHE).

Called BEE/HOUSE/LAB, the international design competition hosted by the U of M's entomology and architecture faculties aimed to draw attention to declining bee populations by encouraging people to take up beekeeping.

Designs were prototyped and installed around the university's campus for field-testing.

Bee houses were required to hold between 80-100 solitary nesting bees, and were

meant to be innovative with "excellence in design and constructionability."

Associate Vice-President Andrew Konowalchuk said the success of the competition "can be attributed to its collaborative nature."

"The project truly benefited from the expertise of every partner, bringing together different offices and academic departments and connecting the University of Manitoba with the broader community," he said in a prepared statement.

BEE/HOUSE/LAB was awarded the AASHE honours during



the non-profit's expo in Baltimore, MD over the weekend, after having been judged on "overall impact, innovation, stakeholder involvement, clarity, and other criteria specific to each category."



COUNCIL

City extends apiary report deadline



Stephanie Taylor
Metro | Winnipeg

Winnipeg residents hoping to install apiaries in their backyards will have to be a bit more patient.

On Tuesday, the city committee on planning, property and development voted to give staff a one-meeting extension on tabling a report that will say whether beekeeping should be allowed across the city.

The city amended its zoning rules to allow for roof-

top apiaries in the downtown back in February, with The Fairmont Winnipeg being one of the first businesses to do so.

Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry) is a proponent of urban beekeeping and said at the time of February's committee vote that rooftop hives would create a "living example" for the rest of the city.

Because the project is buzzing along just fine downtown, the city is now open to expanding beekeeping to other areas.

Over the summer, the city hosted a series of pop-up sessions where residents could learn more about the guidelines for urban beekeeping and staff could take in public feedback.

If more apiaries were allowed throughout the city, changes would have to be made to Winnipeg Zoning By-Law No. 200/2006.

City hall has been all a-buzz with the idea of creating more places to house bees since 2015.

“The project truly benefited from the expertise of every partner, bringing together different offices and academic departments.”
Andrew Konowalchuk

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EQUALITY GRÉGOIRE-TRUDEAU MARKS INTERNATIONAL DAY OF THE GIRL Sophie Grégoire-Trudeau takes selfies after opening the market at the TSX in Toronto to celebrate International Day of the Girl on Tuesday. She also used the occasion to launch Facebook and Instagram feeds of her own. "It's time," she wrote. "On this International Day of the Girl, it's time to share the amazing journey we're on together." **EDUARDO LIMA/METRO**

Citizenship applications fall, fees rise

GOVERNMENT

2016 saw 1/3 of applications compared to previous years

The number of immigrants applying for Canadian citizenship has plummeted for the second year in a row in the wake of hefty application fee hikes Ottawa introduced in recent years.

The trend has prompted fears that the current citizenship costs — \$530 per adult, plus a \$100 right of citizenship fee — are creating a growing underclass of newcomers who can't afford the fee and hence are prevented from full integration and participation in Canadian society, according to a report published in the Institute for Research on Public Policy.

According to the latest government data, only 36,000 citizenship applications were received from January to June in 2016, just more than one-third of the number for the same period last year. In 2015, a total of 130,000 citizenship applications were submitted to Immigration, Refugees and Citizenship Canada, compared to an average of 200,000 received in previous years.

"The decline is so significant

that it cannot be ignored," said retired immigration department director-general Andrew Griffith, who obtained the government statistics for policy analysis for the Montreal-based Institute for Research on Public Policy.

"I had thought the citizenship fee increases would provoke a decline in applications, but I was surprised by the steepness of the decline."

Griffith's report came just as Canada is celebrating Citizenship Week.

The former Conservative government raised the citizenship fee to \$300 from \$100 per adult in 2014, and again to \$530 last year — to fully recover the processing cost of applications. The fee had been held constant at \$100 for almost two decades.

Although immigration officials said at the time the fee hikes would have no impact on the number of immigrants applying to become citizens, Griffith said the data clearly shows otherwise.

Besides the fee hikes, the only major change to the citizenship program was the new requirement for applicants between the age of 55 and 64 to pass the knowledge test.

"If the current 2016 trend continues, we will have 300,000 new immigrants and far less than 100,000 new citizens," Griffith cautioned. **TORSTAR NEWS SERVICE**

MILITARY

Top soldier fined over Iraq incident

Canada's top special forces soldier has been fined \$2,000 after accidentally firing his weapon near another military officer last year.

A military judge handed down the punishment after Maj.-Gen. Mike Rouleau pleaded guilty at a court martial on Tuesday to one count of conduct to the prejudice of good order and discipline.

The case stemmed from an incident in northern Iraq last December, where 170 Canadian special forces are training Kurdish

forces in the fight against Daesh.

According to a statement of facts read during the court martial, Rouleau and another officer were getting ready to visit a forward operating base after presenting several soldiers with medals when his rifle fired one round. The bullet hit the ground less than two feet from the other officer.

One of his subordinates had earlier warned Rouleau that the rifle was loaded, according to the statement. After the shot

was fired, Rouleau expressed surprise, saying: "I can't believe that just happened."

A few minutes later, according to the statement, Rouleau told several soldiers: "Fellas, that was totally me, and I'll be sure to present myself to the CDS," referring to chief of the defence staff Gen. Jonathan Vance.

During the trial, prosecutor Maj. Chavi Walsh said Rouleau could have faced a maximum punishment of dismissal with disgrace. **THE CANADIAN PRESS**

IN BRIEF

Program mistakenly forgives loans

The federal government is keeping closer tabs on a student loan program targeting doctors and nurses after 30 people had loans mistakenly forgiven. The government launched the loan forgiveness program in 2013 to act as an incentive for medical school graduates to practice in underserved areas. **THE CANADIAN PRESS**

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'There's no aid that's come'

NATURAL DISASTER

Haiti needs \$120 million, UN estimates

People throughout Haiti's devastated southwest peninsula formed makeshift brigades Tuesday to clear debris and try to regain some semblance of their pre-hurricane lives as anger grew over the delay in aid for remote communities more than a week after the Category 4 storm hit.

A community group that formed in the southern seaside community of Les Anglais began clearing tree limbs from streets and placing them into piles while others gathered scraps of wood to start rebuilding homes destroyed by Hurricane Matthew.

Carpenter James Nassau donned a white construction helmet as he rebuilt a neighbour's wall with recycled wood, hoping to earn a little money to take care of 10 children, including those left behind by his brother, who died in the storm.

"My brother left five kids, and now I've got to take care of them," he said. "Nobody has come to help."

The scene repeated itself



People walk down a debris-covered street in the commune of Port-a-Piment, in Les Cayes, Haiti, on Tuesday. Haiti faces a humanitarian crisis that requires a 'massive response' from the international community, the UN says. AFP/GETTY IMAGES

across small seaside and mountain villages dotting the peninsula, where people pointed out helicopters buzzing overhead and questioned why they haven't received any help.

Israel Banissa, a carpenter who lives near the small mountain town of Moron, said a Red Cross assessment team stopped outside his village to ask people

questions but didn't leave any supplies.

"There's no aid that's come here," he said as he sawed wood to help rebuild his home and dozens of others. "I don't think they care about the people up here."

The UN humanitarian agency in Geneva has made an emergency appeal for nearly \$120 million in aid, saying about 750,000

people in southwest Haiti alone will need "life-saving assistance and protection" in the next three months. UN officials said earlier that at least 1.4 million people across the region need assistance and that 2.1 million overall have been affected by the hurricane. Some 175,500 people remain in shelters.

The National Civil Protection

headquarters in Port-au-Prince raised the official nationwide death toll to 473, which included at least 244 deaths in Grand-Anse. But local officials have said the toll in Grand-Anse alone tops 500.

Those who survived the storm still faced great challenges, including going days without food.

THE ASSOCIATED PRESS

HURRICANE MATTHEW

U.S. braces for more

A state trooper shot and killed an armed man during a search for flood victims in a tense and dispirited North Carolina, and thousands more people were ordered to evacuate as high water from Hurricane Matthew pushed downstream Tuesday, two days after the storm blew out to sea.

Matthew's death toll in the U.S. climbed to 30, half of them in North Carolina, in addition to the more than 500 feared dead in Haiti.

In Greenville, a city of 90,000, officials warned that the Tar River would overwhelm every bridge in the county by sundown, splitting it in half before the river crests late Wednesday. Evacuations were ordered there and in such communities as Goldsboro and Kinston, as rivers swelled to some of the highest levels ever recorded.

Tens of thousands of people have been warned to move to higher ground since the hurricane drenched the state with more than a foot of rain over the weekend during a run up the East Coast from Florida.

THE ASSOCIATED PRESS

THE CREATOR & STAR OF GOD IS A SCOTTISH DRAG QUEEN

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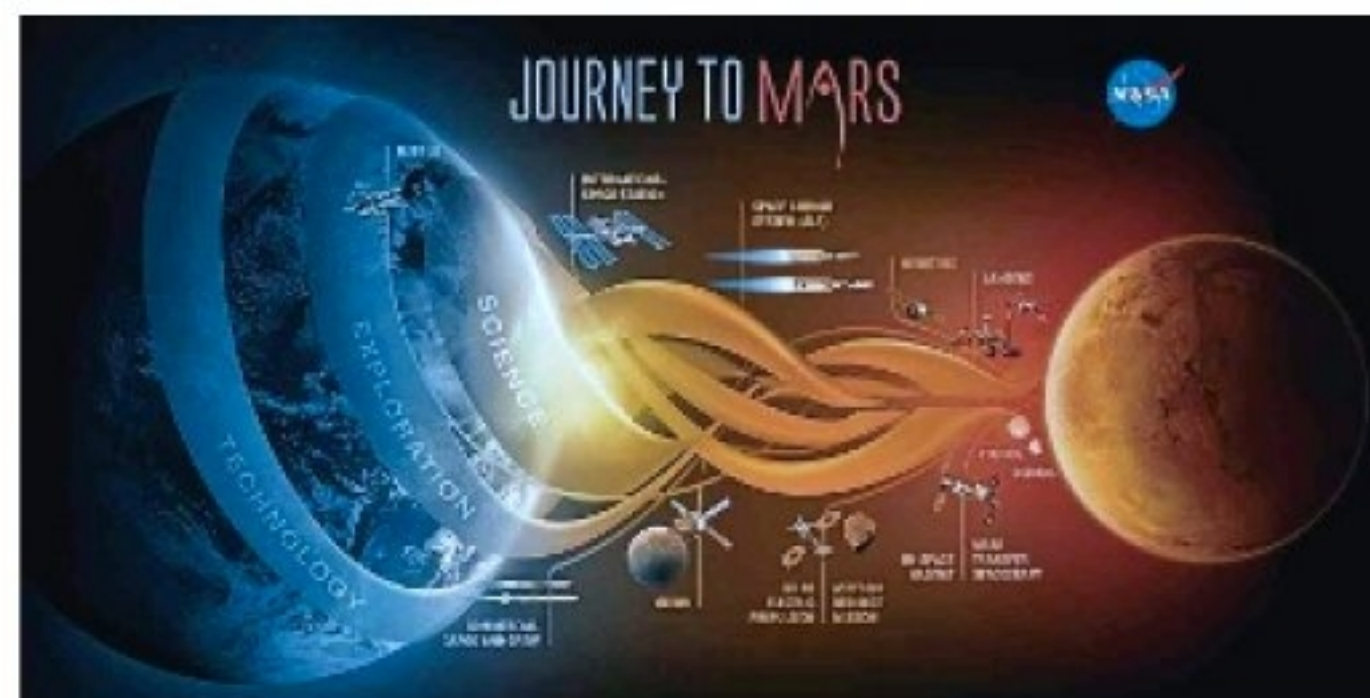
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NASA's plan in one image. President Barack Obama called new attention to his six-year-old call for the U.S. to send humans to the red planet by the 2030s. NASA VIA THE ASSOCIATED PRESS

SCIENCE

Obama still wants to send humans to Mars

President Barack Obama sought Tuesday to reinvigorate his six-year-old call for the U.S. to send humans to Mars by the 2030s, a mission NASA has been slowly and quietly trudging away at.

The White House was calling attention to government contracts awarded to six companies to build prototypes for "habitats" that could sustain life. One such privately developed habitat — an inflatable room — is already

attached to the International Space Station. Obama also said that within two years, companies like SpaceX and Boeing will taxi astronauts to the space station.

"These missions will teach us how humans can live far from Earth, something we'll need for the long journey to Mars," Obama wrote in an op-ed on CNN's website. He said the ultimate goal is for humans to stay on the red planet "for an extended time."

NASA officials and outside space experts said there is little new in what's coming out of the White House.

"There's nothing big here at all, unless you haven't been paying attention," said former George Washington University space policy chief John Logsdon. "It's a re-focusing of the fact that he set these goals and NASA has been pursuing them."

THE ASSOCIATED PRESS

Former oilsands exec makes leap to fashion

APPAREL

Jean-Michel Gires designs clothing for women

An oilsands executive known for employing the art of the deal is putting his passion for the art of photography into a new line of silk scarves, spandex leggings and other women's clothing.

Jean-Michel Gires set French energy giant Total S.A. on course for a massive buildup of oilsands production while heading the company's Canadian branch in Calgary from 2009 to 2013.

At one point, he vowed the company would spend \$20 billion to achieve 200,000 barrels per day of oilsands production by 2020 (a timeline Total has since backed away from, in part because of low oil prices). He returned to head office in



Oil executive turned fashion designer **Jean-Michel Gires** displays his scarves at a studio in Calgary. THE CANADIAN PRESS

Paris when his Calgary gig was up but says that, after 25 years, he was no longer interested in life as a travelling executive. He resigned and moved back to Calgary, first as a partner in a clean-tech venture capital firm and now as the founder and chief designer for a clothing startup that bears his name, By Jean Michel.

In a recent interview, the

58-year-old mining engineer said that he simply needed to be free to pursue his true calling. He spoke at a Calgary photo studio where a fashion photographer, model and stylists were shooting catalogue shots for his 2017 line of scarves, leggings, decorative hand fans and, for the first time, kimonos.

"When I decided to leave Total and decide what I want-

ed to do with my interest in innovation, all of my passion for photography came back," he said.

Gires was an early fan of digital photography, buying his first camera 20 years ago so he could share with family and friends sights from his many foreign Total assignments.

His focus changed, though, after he photographed light reflecting and creating patterns as it danced over moving water in a river near Paris. He decided to make reflecting patterns his "niche" as a photographer.

He finds the patterns everywhere now, on the sides of glass and metal buildings or on mountain lakeshores. When the pattern is turned into a mosaic and printed on high-quality fabric, it also produces a "story" that can be printed on a card for the purchaser to share with those who admire her new garment.

Gires' products can be purchased at byjeanmichel.com.

THE CANADIAN PRESS

SMARTPHONES

Samsung stopping Note 7 production

Samsung Electronics said Tuesday it is stopping production of Galaxy Note 7 smartphones permanently, a day after stopping global sales of the ill-fated devices amid reports that batteries were catching fire.

The South Korean company is struggling to regain consumer trust after a first round of recalls that prompted criticism both for the faulty devices and for the company's handling of the problem. After the earlier recall, the company said it had identified a manufacturing defect in the batteries of its top-of-the-line smartphone.

It started shipping new Note 7 phones that were supposed to be safer. But reports that even the replacements were catching fire led Samsung to announce it was stopping sales of the devices.

Authorities in the U.S. and South Korea are still investigating why even the replacement Note 7 phones are catching fire. An official at the South Korean safety agency said the replacement phones may have a defect that is different from the problem with the original Note 7s.

THE ASSOCIATED PRESS

IN BRIEF

Housing starts up, but...

Residential construction was hotter than expected in September as the pace of housing starts picked up nationally, the Canada Mortgage and Housing Corp. said. Toronto was an exception, with the rate dropping mainly as a result of fewer apartment starts. THE CANADIAN PRESS

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ROSEMARY WESTWOOD TELLS A SURVIVOR'S STORY

'I FELT SICK AND TERRIBLY ANGRY'

Sexual assault is the violent crime least likely to be reported, and the only one not in decline. Only a fraction of survivors who come forward will ever see their stories told in court. Over the course of the past six months, Metro has been following the case of one woman in her 20s who decided, against the odds, to go to the police. **This is what it takes to seek justice.**

It took Lindsey nearly 10 years. But in May, she decided it was time to go to the police.

She'd been calling crisis hotlines in B.C., where she lives. "It was the first time I'd heard anyone say to me, 'Childhood sexual abuse,'" she said. That language used by the hotline counsellors gave her the right words, and made it possible to call the police, despite then-swirling news of the Jian Ghomeshi trial and the vitriol thrown at the women who testified against him.

"I honestly didn't know whether or not reporting was a good idea, if it would bring any good at all," she told me. "I didn't know if I had a case."

When she was 15, in 2007, Lindsey (Metro agreed to use only her first name) met a man twice her age, an instructor at an arts program. She said that he showed romantic interest in her, told her he loved her and encouraged a sexual relationship. Over the course of the year, he initiated increasingly "depraved, animal-level" sexual behaviour, she said, and would take her to forested areas and even his mother's house to have coercive sex.

Then the sexual encounters grew to include her best friend, who was 14. When Lindsey's friend's family found out, they called the police.

Lindsey said the man told her he would kill himself if she told the truth. So she downplayed the relationship and sexual encounters.

The resulting investigation, which ended without charges, splintered her life, damaging friend and family bonds and triggering years of pain and struggle.

But now, in 2016, she'd decided what happened to her was profoundly wrong. She

needed reconciliation. She needed some kind of justice.

Lindsey called the RCMP in Surrey. They scheduled an interview at a detachment two days later.

tact over the months to come. "I feel like I got lucky. I really do."

It was dark and late by the time they stopped talking that day, and the officers offered

me? Can I get protection?"

The experience of recounting her story was "oddly traumatizing" and she felt "swept up again" into the emotions, and the harm.

ran upstairs and started to sob," she said. "I felt sick and terribly angry and filled with an overwhelming feeling of injustice."

Then she began to wonder: Had police really done all they could? Neither Lindsey nor her friend had been interviewed to support one another's claims. Nor had Lindsey's parents been reinterviewed. She hadn't been asked to try and dig up text messages or emails from the man.

She researched the laws that would have applied to her case at the time. The age of consent in 2007 was 14 (she was 15) but it was and remains 18 for sexual activity that exploits a young person through prostitution, pornography or a position of authority — meaning charges like sexual interference and sexual exploitation could apply.

Montgomery told her that the RCMP's SVU conducted the initial investigation in 2007. Lindsey's father told me that he recalled an officer discussing the inappropriateness of the age difference. He was told that "because the age of consent was 14 at the time of the incident and because no formal complaint was made at the time, there was really nothing they could do. But what they were going to do was keep an eye on this guy, and in his words, let him know that he's being watched."

Lindsey said that the man's boss — who, as owner of the company that ran the arts program, could establish his role of authority — was never interviewed, either during the initial investigation or at any point afterward. She knows this because while officers were reviewing the original file this year, Lindsey had gone to talk to the boss, to find out what she knew.

Over the next months, Lindsey continued to call Montgomery, asking him about the age of consent for sexual interference, a charge that seemed to fit her case, since the man had been in a position of

authority and she hadn't yet turned 18.

I called Montgomery myself for an update on the case earlier this month, and then, a week later, RCMP's national headquarters. That's when he called back to say he was referring the case, for a second time this year, to the SVU.

"(Lindsey) brought up some very valid questions about it, so I'm going to push it to SVU and have them re-review it," he said. Montgomery, who is new to the force this year, did not explain why it was Lindsey, not the SVU, that raised these questions.

For Lindsey, that means the case it not over. It means hope: "The fact that he's pushing it, that he is taking it and reconsidering after everything I've brought up. That he's doing his due diligence."

"I think if I had just said OK, they would have just let it lie," she said. "It would have stayed the same. It required me to push."



STRUCTURAL BARRIERS An RCMP cruiser drives past a stop sign on Parliament Hill. The experience of Lindsey, who told Metro about what she went through in reporting to RCMP sexual abuse that she says occurred in 2007, shows that even when police are co-operative and helpful, justice for survivors remains elusive. THE CANADIAN PRESS

Her fears were many: "My life's going to be ruined, or maybe nothing will happen, or they'll tell me it wasn't childhood sexual abuse." Also: would it matter that she had denied the abuse years earlier?

The interview lasted about two and a half hours, in an interrogation room, "which was disconcerting," she said. There were black marks on the white walls, as if tables had been slammed against them. A couch would have been nice, she thought, but the officers themselves were empathetic, understanding and professional. They didn't make her feel at fault, or disbelieved. She answered detailed questions about how she met the man and about specific sex acts.

"I was blown away by his sensitivity," Lindsey said of Const. Gregory Montgomery, who would be her main con-

to get her a cab. Montgomery told Lindsey he'd be in touch, making no promises, which she appreciated. "It made me trust him," she said.

A few weeks later, she emailed Montgomery for an update, and he told her they'd recovered the original file from 2007. They were going to look into it.

A month passed. And another.

Lindsey periodically called or emailed for updates. But there wasn't always much to report.

"This is way freaking harder than we thought it was going to be," she told me at the time. "You're upset, you're anxious, you're wondering what's happening. Is anything happening?"

She began worrying that police were contacting the accused. "What if he comes after

But she had unique support in her childhood best friend, the one who had also been involved with the man in 2007. They'd reconnected as adults, and on the day Lindsey filed her complaint with police, her friend filed one too. The friend spoke with different officers, who got back to her much sooner with bad news: No charges.

Then on June 30, Montgomery called. The Surrey RCMP's Sexual Victims Unit had reviewed the file. "He said, 'I'm sorry to tell you this, but we can't move any farther with the case,'" Lindsey recalled. Her original statement, which downplayed the sexual events, would undermine her credibility now. Police only recommend charges when there's a reasonable expectation of a conviction in court.

"I put the phone down and

'I think if I had just said OK, they would have let it lie.'

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Khloe Kardashian: Kim's 'not doing that well' after heist



Saying goodbye is never easy



HBO's new series *Divorce* stars Sarah Jessica Parker and Thomas Haden Church, who seem to have interpreted the script in different ways. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

THE SHOW: *Divorce*, Season 1, Episode 3
THE MOMENT: The mismatched mates

Frances (Sarah Jessica Parker) and Robert (Thomas Haden Church) are splitting up. For the first time, he'll sleep elsewhere. As they part, he stands at the bottom of the stairs; she sits a few steps up. "Let's not have a big emotional scene," he says. "Just remember something: I always loved you." "I loved you," she says.

"Goodbye, Frances," he says. "Goodbye, Robert," she replies. He doesn't move. "Goodbye," he says. "Good...bye?" she says. "I really need to use the washroom," he says. "In a hurry." "Go ahead," she says. He doesn't move. "Can you go upstairs?" he asks. "I don't want your last memory of me in this house to be ... you know." She walks upstairs and sits on her bed. For a moment she's

sad. Then, FLUSH. She hears Robert's voice ("Come on!") and the sound of plunger on porcelain. FLUSH again. This is not a relaxing series to watch. The subject matter is sharply observed; it often feels original and true. But the tone is uneasy. Series creator Sharon Horgan, the genius behind *Catastrophe*, is an expert at saying hurtful things with a smile in her voice. I suspect she writes Frances and Robert that way. The problem is, Church interprets that voice as

comedy — often broad comedy — while Parker seems to hear it as occasionally-funny drama. It's easy to see why Frances and Robert are splitting. But with Parker and Church in different acting hemispheres, what's difficult is understanding why they were together in the first place. Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

QUOTED

Was Parker's decision to claim the Frances role a way to purge herself of her Carrie Bradshaw past?

"I don't WANT to be done with that association," she says. "I loved it! But I'm an actor, I always was, and now my job is to share who Frances is with the audience."

Through six HBO seasons and two feature films, *Carrie*, with her goofy couture and

With this show, I think we're initially asking more of our audience: We're asking them to be part of combat
Sarah Jessica Parker on HBO's *Divorce*

saucy lexicon ("frenemies," "toxic bachelor"), helped give life to a then-new phase of women's liberation and made *Sex* and the City a cultural marker. "With this show, I think we're initially asking more of our audience: We're asking them to be part of combat," says Parker. THE ASSOCIATED PRESS

INTERVIEW

Kristen Stewart looking to branch out into directing films

Three films in this year's New York Film Festival certainly qualify Kristen Stewart as a workaholic, but the actress doesn't think that's such a bad thing. "Oh yeah, I'm totally addicted, man... I get super obsessed with stuff, you know, and which is to a fault. But it's served me well," said Stewart. Since the *Twilight* franchise, the actress has quietly amassed an impressive body of work, including a trio of very different films at this year's festival. She's already premiered *Certain Women*, directed by Kelly Reichardt. The festival is also

screening Olivier Assayas's *Personal Shopper*, and Stewart will walk the red carpet again for Ang Lee's *Billy Lynn's Long Halftime Walk* on Friday. With a diverse set of roles since portraying Bella in the *Twilight* series, Stewart doesn't feel her evolution was intentional and says she just got lucky. "Honestly, it was not like a tactical approach, you know what I mean?" "I've always known that if I have a certain dynamic with someone or conversation, it's either leading to productivity or not," Stewart said. Besides acting, Stewart wants

to direct, too, and working with Lee and Reichardt gave her a unique perspective, especially since the two take a completely different approach to directing a film. "I think they are both absolute geniuses when it comes to being composed, and when it comes to being aware of something that we're not aware of," Stewart said. "They see the invisible and they capture it, and that's what I would like to do while making movies." But Stewart leans toward Reichardt's style. "Seeing Kelly steel-train her

way through a movie that seems so natural, but is so deliberate... It makes me want to work now, like start working, now," Stewart said. Certain *Women* will be in select theatres on Friday, while *Billy Lynn's Long Halftime Walk* kicks off on Nov. 11. *Personal Shopper*, in which Stewart plays a personal shopper for celebrities, isn't available in theatres until next year. As for her own celebrity, Stewart doesn't see herself as an insider. "I'm so famous," Stewart joked before saying, "I don't even know what that means." THE ASSOCIATED PRESS



Kristen Stewart has three films at the New York Film Festival. She admits she can "get obsessed" with work. JAMIE MCCARTHY/GETTY IMAGES



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Food **metro**LIFE

The return of the cupcake

RECIPE

Pair of Toronto bakers bring simplicity back to sweet treat

It's not that pastry chefs Allyson Bobbitt and Sarah Bell are militant on how to do cupcakes ("We're not saving lives here," Bell quips) — they just want to demystify the techniques behind picture-perfect cupcakes for people who are either scared of baking or have written off cupcakes as a passing fad.

We all remember the cupcake trend in the 2000s. Cupcake shops opened at the pace of Starbucks. Cupcake Wars debuted on the Food Network in 2009, pitting bakers against each other to create the most extreme cupcake. The trend reached parody levels in 2012 when a Vancouver bakery called ManCakes rolled out cupcakes with hot sauce frosting topped with crispy chicken skin. In the same year, the cupcake vending machine debuted in American cities. Cupcakes became a joke.

So when Bobbitt and Bell opened their pastry shop, Bobbette & Belle, in Toronto's Leslieville six years ago, they stripped the cupcake down to what people liked about them in the first place — familiar flavours such as vanilla, chocolate and salted caramel. Fluffy swirls of buttercream in calming neutral tones and the occasional pastel.

The return to simplicity worked, leading to a second midtown location two years ago and

this month the release their first cookbook, *Bobbette & Belle: Classic Recipes from the Celebrated Pastry Shop* (\$35, Viking).

Brown Sugar Cupcakes With Salted Caramel Buttercream and Caramel Drizzle

Ingredients (for the brown sugar cupcakes):

- 1 1/2 cups (375 mL) all-purpose flour
- 1 1/2 tsp (7 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 1/4 cups (310 mL) lightly packed brown sugar
- 2 large egg whites, room temperature
- 3/4 cup (185 mL) buttermilk, room temperature
- 1 tbsp (15 mL) pure vanilla extract
- 1/2 cup (125 mL) unsalted butter, melted and cooled

Directions:

1. Insert liners in a standard 12-cupcake pan.

2. In a mixing bowl, whisk together flour, baking soda and salt. Set aside.

3. In a stand mixer with the whisk attachment, mix brown sugar and egg whites on medium speed until well combined. Add buttermilk and



Allyson Bobbitt and Sarah Bell have kept their cupcakes simple, with familiar flavours like chocolate, vanilla and salted caramel. TORSTAR NEWS SERVICE

vanilla and continue to whisk on medium until well combined. Add butter and whisk until well combined.

4. Set mixer to low speed and slowly add flour mixture until well incorporated.

5. Divide batter evenly into cupcake pan, filling each cupcake liner about 3/4 full.

6. Bake at 350F (175C) for 20 to 25 minutes or until a toothpick inserted into centre of cupcake comes out clean.

7. Let cupcakes cool in pan for 10 minutes before transferring to a wire rack to cool completely before decorating.

Ingredients (for salted caramel sauce):

- 1 cup (250 mL) granulated sugar
- 1/2 cup (125 mL) 35 per cent cream
- 1/4 tsp (1 mL) fleur de sel, maldon or kosher salt

Directions:

1. In a medium saucepan over medium-high heat, heat a half cup of sugar, stirring constantly until sugar melts and turns a golden colour. Be careful not to burn. Add remaining sugar and continue to whisk until everything has melted and turned golden brown.

2. Reduce heat to medium low. On a gentle simmer, add cream slowly, whisking until everything has combined. Add salt and continue to cook, stirring occasionally, until any hard sugar bits have dissolved. Immediately remove from heat and cool completely before using. Sauce can be refrigerated in an airtight container for up to two weeks.

Ingredients (for salted caramel buttercream):

- 4 large white eggs
- 1 cup (250 mL) granulated sugar
- 2 cups (500 mL) room temperature unsalted butter, cut into 1-inch cubes

- 1 tsp (5 mL) pure vanilla extract
- 1/4 cup (60 mL) salted caramel sauce

Directions:

1. Use a double boiler or fill a medium-sized saucepan with one inch of water. Bring to a gentle simmer. Place a large heatproof bowl over saucepan.

2. Whisk together egg whites and sugar until it reaches 140F (70C) on a candy thermometer.

3. Immediately transfer to a bowl on a stand mixer with a whisk attachment. Whip on medium-high speed until mixture has cooled to room temperature, has doubled in volume and holds medium-stiff peaks, 8 to 10 minutes.

4. Reduce speed to slow and add 2 cubes of butter to mixer. Increase speed to medium-high to incorporate. Repeat with remaining cubes of butter. Reduce speed and add vanilla and caramel sauce. Whisk

on high again until light and fluffy, 1 to 2 minutes.

To assemble:

1. Cut off pointed tip of pastry bag and fit with a coupler and desired pastry tip (a large round or star tip works well). Using a rubber spatula, fill bag halfway with buttercream. Push buttercream down toward tip to get rid of air bubbles. Twist top of bag to close.

2. Hold twisted end of bag with your dominant hand. Use other hand to guide piping bag as you decorate.

3. Hold piping bag at a perpendicular angle, hovering just above cupcake. Begin piping by applying gentle pressure with your dominant hand, squeezing out buttercream in a steady stream, at centre of cupcake and work outwards, then swirl up and work inwards to create a beehive shape. Garnish with salted caramel drizzle and toffee bits.

TORSTAR NEWS SERVICE

FOOD FOR THOUGHT

Ronald McDonald makes scarce after clown sightings

McDonald's says Ronald McDonald is keeping a low profile with reports of creepy clown sightings on the rise.

McDonald's Corp. said Tuesday that it is being "thoughtful in respect to Ronald McDonald's participation in community events" as a result of the "current climate around clown sightings in

communities." The company did not provide any other details about how often its red-haired mascot makes appearances, and how that will change. The burger chain's decision comes after a rash of pranks around the country that have involved eerie clown sightings. The reports have forced police in some areas to respond.

THE ASSOCIATED PRESS

LIQUID ASSETS

Artisan distillers give gin new life

Peter Rockwell
For Metro Canada



Thanks to the 'drink local' movement, gin is having a bit of a moment. Long the tipple of "mature" imbibers, the juniper berry-based spirit has seen its profile elevated thanks to the ever grow-

ing ranks of Canadian artisan distillers who consider it as the perfect platform for their unique regional botanicals.

From British Columbia, Central City's Queensborough Small Batch Dry Gin (\$39.99) harvests its juniper from the province's interior and distinctive, flavour-enhancing spruce tips from Vancouver Island. In Ontario, Dillon's

Unfiltered Gin 22 (\$39.85) pours cloudy on purpose because none of its 22 individual flavour components get lost in filtration.

About 20 minutes outside of Antigonish, Nova Scotia, Steinhart Gin (500mL, \$35.00) is made in the blink-and-you-miss-it village of Arisaig. Housed in an apothecary-esque cobalt blue bottle, it's made from locally sourced

ingredients and influenced by the Steinhart family's 300-year-old history of distilling that dates back to their origins in Germany.

Pass the tonic!



A veggie dish even your kids will want to eat



The kids will never complain about vegetables again after trying this fragrant dish au gratin. TORSTAR NEWS SERVICE

RECIPE

Butternut squash adds sweetness to au gratin dish

Ricardo Larrivée
For Torstar News Service

Here's a secret most parents know: the trick to making any vegetable appealing to kids is to smother it in cheese.

This recipe is no exception, but here's a surprise: the squash in this recipe is actually an essential part of why this dish is so beloved by kids.

Well, my kids anyway.

The great thing about butternut squash is how sweet and creamy it becomes once it's cooked.

In this recipe, the squash also soaks up the irresistible

flavours of leeks, onions and garlic sautéed in butter.

This is such a fragrant dish (the whole house will smell like garlic butter!) that you won't even really need cheese.

But I would make it au gratin, so the kids will gobble it up.

Squash and Leek Rigatoni au Gratin **Ingredients:**

- 4 cups (600 g) peeled, seeded and cubed butternut squash
- 2 tbsp (30 mL) olive oil
- 3/4 lb (375 g) rigatoni
- 3 cups (285 g) thinly sliced leeks (about 1 or 2)
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1/4 cup (55 g) butter
- 1/4 cup (40 g) unbleached all-purpose flour
- 2 cups (500 mL) chicken broth
- 1 cup (250 mL) milk
- 8 cups (240 g) lightly packed fresh spinach,

stemmed and coarsely chopped (2 bags of 6 oz / 170 g)

- Red pepper flakes (optional)
- Grated nutmeg (optional)
- 1 cup (100 g) grated cheddar cheese
- 1/2 cup (35 g) grated Parmigiano-Reggiano cheese
- Salt and pepper

Directions:

1. With the rack in the middle position, preheat the oven to 400F (200C). Line a baking sheet with parchment paper.

2. Place the squash on the baking sheet. Drizzle with the oil and season with salt and pepper. Bake for about 20 minutes or until tender, stirring halfway through cooking. Set aside.

3. Meanwhile, in a large pot of salted boiling water, cook the pasta al dente. Drain.

Lightly oil and set aside.

4. In the same pot over medium-high heat, soften the leeks, onion and garlic in the butter. Season with salt and pepper. Sprinkle with the flour and cook for 1 minute, stirring constantly. Add the broth and milk. Bring to a boil. Simmer for 5 minutes.

5. Off the heat, with an immersion blender, purée the leek mixture until smooth. With a spatula, stir in the squash, pasta and spinach. Adjust the seasoning. Add a pinch of red pepper flakes and nutmeg, if desired.

6. Pour the mixture into a 13 x 9-inch (33 x 23 cm) baking dish. Sprinkle with the cheeses. Bake for about 25 minutes or until golden brown. Let rest for 15 minutes before serving.

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BE THE ON THE FRONT LINES OF CYBER DEFENCE

As more of what we do everyday moves to the virtual world — and into the air through cloud computing — cyber security has become a vital part of our daily lives.

That's why the Manitoba Institute of Trades and Technology (MITT) has launched a unique new diploma program this fall that gives students all the hands-on experience they'll need to be part of the quickly evolving world of cyber defence and cloud administration.

"Every company wants their network to be secure, they want to have firewalls in place, and they need somebody who has the skills to configure those firewalls, and who has the skills to analyze the network," says Gursharn Wander, who teaches MITT's Cyber Defence and Cloud Administration program (CDCA). "Sure there's a demand for these skills with military and defence, but it's also in high demand for the banking industry, the insurance industry, and corporate businesses that offer services online and through the cloud."

The Cyber Defence and Cloud Administration program is a two-year diploma program which has been designed in consultation with an advisory committee from the Information Technology industry.

Wander says the program provides both academic background and hands-on experience to effectively "identify anomalous activity and potential threat" to corporate information and network resources and then determine appropriate course of action using computer network defense tools.

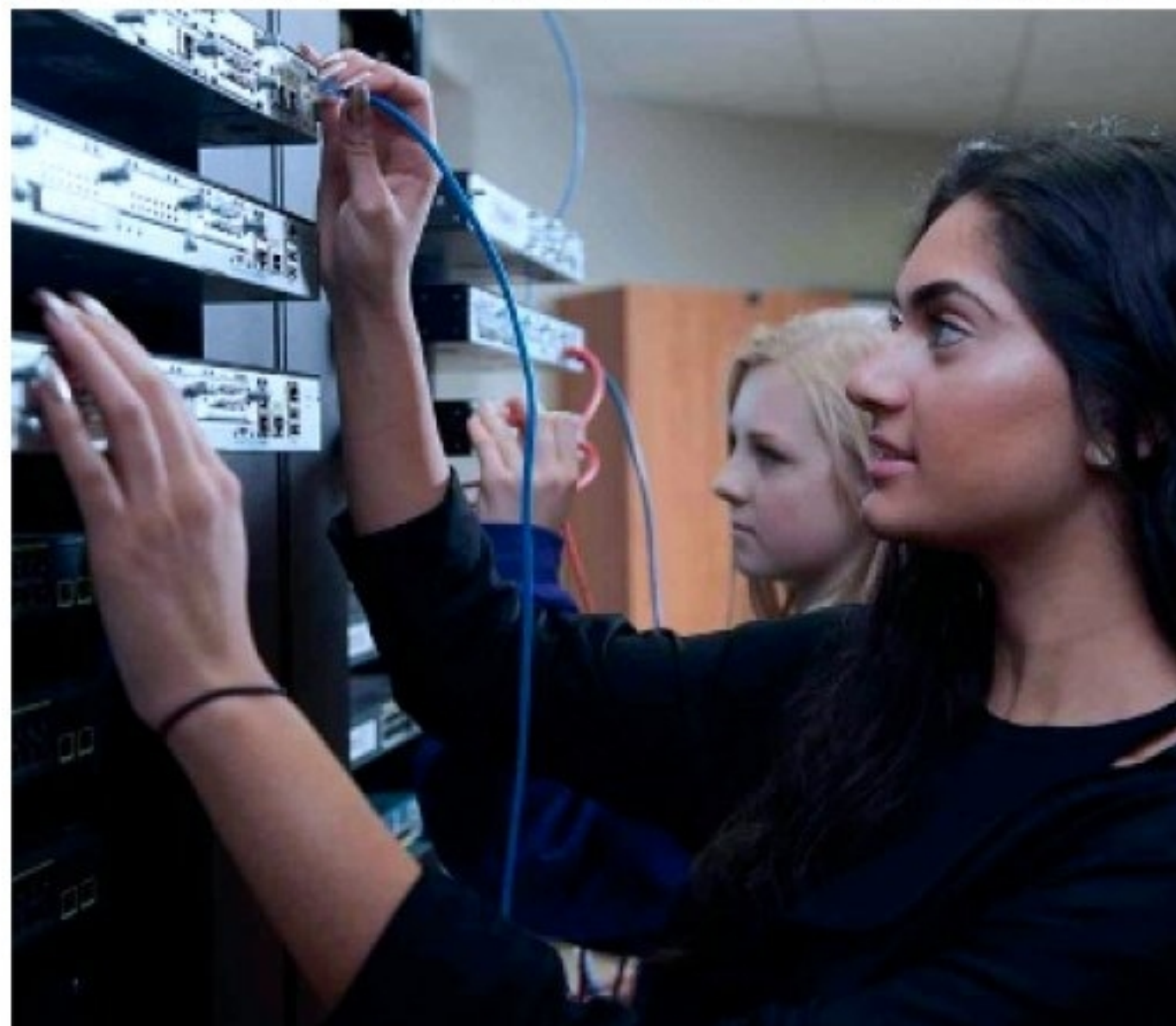
Students also learn how to administer cloud solutions with traditional on-premise server networks in a college setting.

The program has been aligned with well recognized industry certifications, and Wander says industry professionals will also come into the classroom to teach students during the second year.

"They'll bring their experience and take the students through what they'll be doing in the real world, with real-time scenarios," explains Wander. "The focus at our college is on hands-on learning."

Because the skills students learn through course are in such high demand students will also get the chance to take part in a two-month paid work co-op in the industry after they finish their second year.

For more information about MITT's Cyber Defence and Cloud Administration program go to mitt.ca/cyber.



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Accelerate Your Future

If you want a career instead of a job, and a future you can look forward to, you need real-world training: MITT wants to help you get there, faster. Our courses cover everything from welding to hairstyling, carpentry to network security, and thousands of students have discovered our unique advantages.

A third of our students already have some post secondary training—but found that today's job market demands practical, technical skills. Our training is designed with industry advice, to meet their needs. Some of our students land jobs before they even finish their program, and **80%** get work in their fields within six months of graduating.

Another portion of our students are in high school, and graduate with both a diploma and the first stage of an accredited skill. They start their careers sooner, and instead of wondering "What next?", they hit the accelerator.

Our international students come from around the world, attracted by Manitoba's diverse economy, our welcoming culture, and the opportunity to learn from top instructors, in a thriving college environment.

At MITT, we believe your education should be a solid foundation you can use to get into a meaningful job sooner, or, to continue your learning journey elsewhere. Check us out today and apply early, because our programs fill fast.



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PET LIFE

Paws for a health check

For many of us, the changing seasons serve as a physical reminder to perform a self-health and wellness check. From adopting a new diet and exercise plan or trying out a new hobby, autumn is the perfect time to kick start changes. But have you thought about doing the same check-in for your furry best friend?

Take the time to evaluate your pet's routine this season and keep these tips in mind to ensure they're ready and healthy for the coming months.

1. Don't let ticks cosy up. Just because the temperature is dropping doesn't mean tick season is over, so talk to your vet about tick and flea prevention. Make sure you give your lawn a good manicure before letting your dogs or outdoor cats play outside, as ticks love long grass.

2. Watch for rodenticides. As the cooler weather sets in, mice, rats, and other rodents will be looking for shelter, and many

households turn to rodenticides as a solution. Whether ingested directly or through touching an infected rodent, rodenticides can be deadly for pets. Research safe pest control methods and keep an eye on what your pet is sniffing and eating when outdoors.

3. Beware of holiday foods and decorations. From Halloween candy to festive decorations and holiday dinners, homes are typically stocked with a mix of foods, sweets and seasonal decor. Keep foods that can make your pet sick — like chocolate, which is toxic to both cats and dogs — out of sight and reach. Beware of your holiday trinkets; pets get curious, and sometimes try to ingest undesirable objects.

4. Give your dog or cat an in-depth grooming job, especially if they're long-haired. Keeping their fur in good shape as we move into the colder seasons goes beyond aesthetics — it's important for health reasons, too. Try to brush their coat regularly to avoid



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matting, which can lead to discomfort and skin irritation.

5. Evaluate their feeding plan. Just like humans, many pets stand to benefit from eating healthier foods that contain more nutrients.

Try combining dry and wet food, as wet food is known to improve an animal's urinary tract health, promote organ function, and increase hydration.

— NEWS CANADA



CONTRIBUTED

Animal hospital offers subsidy for urgent pet care

There's nothing more important to the staff at Animal Hospital of Manitoba than the health of your pets.

That's why they offer a Veterinary Services Subsidy Program that makes sure pet owners can afford to get their furry friends the medical attention they require, as soon as they need it.

"Whenever people feel they have a financial difficulty, we don't question them. We suggest that they can apply for our subsidy program," says Animal Hospital of Manitoba veterinarian, Dr. Wencaho Zheng.

"People are always very grateful because we can save their pet's life even when they're hav-

ing a difficult time financially."

The subsidy program is open to all customers — regardless of wealth — once a year per family and covers 50 per cent for diagnostics and treatment up to \$500 (excluding exam fee, medication, food and supplies).

Over 220 families have benefitted from Animal Hospital of Manitoba's subsidy program since it started in 2013, saving them a total of \$55,000.

Animal Hospital of Manitoba, which won the 2016 Consumer's Choice award in the veterinarian category, also offers a low cost

spay and neuter program, and the full service animal hospital welcomes both emergency treatment cases as well as pets in need of routine medical, surgical and dental care.

They also offer unique services and programs including traditional Chinese medicine, holistic and nutraceutical medicine, laser acupuncture, orthopedic surgery, CO2 laser surgery, and comprehensive pain management.

For more information on the services available at Animal Hospital of Manitoba check out their website at animalhospofmb.com or call (204) 586-3334 to make an appointment.



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For millennia, dogs and cats ate real food — raw prey animals.

It's only in the past 100 years or so that 'pet food' in the form of dry pebbles or cans of cooked mush have been available. Before these convenience foods were invented, cats hunted, and dogs got food bought from the butcher.

Aardvark Pets at 1604 St. Mary's Rd. specializes in bringing real, raw food back to Winnipeg pets.

"There isn't a cleaner or fresher food for a carnivore than meat," explains Aardvark Pets owner, Jeff McFarlane. "Most dry kibble is rendered, cooked, and enhanced with artificially produced vitamins to replace what was destroyed in processing and preserved with chemicals, some that have been banned

from human consumption."

Aardvark Pets has a wide variety of frozen raw foods and treats for dogs, cats, and even ferrets, and staff are a wealth of knowledge for pet owners new to feeding raw to their pets.

"Raw fed pets suffer less health issues like obesity, diabetes, kidney and bladder problems. Pets with allergies are often cured by a change to raw and they tend to have less body odour, yeast infections, and far less gas," says McFarlane, noting raw fed pets also have cleaner teeth and great coats. "A balanced prey model diet that includes raw meat, bones and organs is what your pet is designed to eat."

For more information on how a raw food diet can help your pet, go to aardvarkpets.com.

Feed your pets the region's best

Osborne Village is filled with trendy hot spots, and for the neighbourhood's hippest pets and their owners, The Village Pet is the place to be.

The locally owned and operated shop has been the spot to stop for quality, well-priced pet food and supplies since they opened in the heart of the Village in 2014.

"We're an independently run store and we focus on high-quality, Canadian-made products," says Derek Palson, who runs The Village Pet with his wife Amanda and the store's live-in cat, Ira Katz. "We're part of the community, and I think that's what really differentiates us from the chain stores."

Because the Palsons and employees Hannah and Barb are all pet lovers, Derek says they only stock the best food, brands like Champion Petfoods, an award-winning, Alberta-based company that makes dog and cat foods from fresh, never frozen, regional ingredients.

The Village Pet also knows a lot of their customers in the Village live busy lifestyles, and many don't have the need for a vehicle. That's why Palson says The Village Pet offers a unique home delivery service.

"We cater to Osborne Village clientele who might not have a car," explains Derek. "Our customers can use our online store to pick out



exactly what they're looking for and we'll bring their order right to their door."

Go to villagepet.ca to shop online or check out their store (and meet Ira Katz) at 216 Osborne Street.

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Dogs dominate catwalk at pet show

From furry friends like dogs, cats, and bunnies to creepy crawlers like lizards, snakes and tarantulas this year's Winnipeg Pet Show has something for all animal lovers.

The second annual Winnipeg Pet Show, presented by the Winnipeg Veterinary Care Group, runs Oct. 15-16 at the RBC Convention Centre.

"We had an amazing response last year so we're really excited to be doing it again bigger and better," says Sherri Rheubottom, Show Manager and Producer at Showtime Productions Inc. "We've grown to around 100 vendors — everything from pet food, retailers, fashion accessories, veterinarian and health care, grooming, dog daycares and hotels, photographers, a new artisan market, and a whole lot more.

"Really, if it's related to pets, it'll be there."

And it's not just more vendors, Rheubottom says they've added more entertainment to the show's line up this year as well, including — wait for it — a fashion show running both days featuring pets strutting their stuff on the catwalk (and dogwalk) in the latest fall and winter fashions from Petland and Pet Valu.

"It's mostly dogs in the fashion show, but we do

have one cat representing felines — they're just harder to get to put on things — and we even have ferrets and a mini pony," says Rheubottom of the fashion show, which will include a number of pets in Halloween costumes as well. "I mean who doesn't love to see their pet wearing a Halloween costume?"

The entertainment on tap for both days also include dog agility performances by the talented pups at X-Treme Dogs, and the Canadian Kennel Club Breeder's Showcase, featuring the club's top breeds.

Also new this year is the addition of an Adoption and Rescue Haven area with roughly 20 local rescue groups and their pets. Money will also be raised to support the groups through a Rescue Raffle with prize packages up for grabs and all proceeds going back to help the groups taking part in the show.

For tickets and more information

Tickets are \$12 at ticketmaster.ca and admission is free for those 12 and under. There are also special \$14 rescue donation tickets available with \$2 going to help local pet rescue organizations.

Go to winnipegpetshow.com to see everything planned for the weekend.

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Socializing your puppy

Socializing your puppy brings benefits for all parties — the dog and its owner — and can help encourage a calm, peaceful social experience.

“Having a well socialized dog means you can take a dog to the park, let it off leash, and know it’s going to have a positive experience,” explained Tabea Stawitz, daycare supervisor and trainer at Halifax’s Jollytails. “It also means you can walk down the street confidently and have a happy and calm dog.”

Stawitz said she encourages people to make a targeted push on socialization starting at eight weeks old. “From eight to 16 weeks is their socialization period. At 16 weeks, they start their fear period, so you want to ensure the dog is well socialized by that point,” she said.

However, it’s never too late to socialize a dog. If you get an older dog or a rescue, you can encourage socialization, but you need to be more cautious.

“Look for stress signs,” Stawitz said. “When dogs yawn, if their eyes go wide and they look uncomfortable, or if they have



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excessive panting without exercise or heat, those are all calming signals for the dog.”

There is a difference between on-leash and off-leash socialization, however. And people

tend to make that mistake, encouraging their dogs to interact with other on-leash dogs during walks.

“That would be the equivalent of us

stopping and saying hello to every person we meet on the street,” she said. “That’s not something we do and not everyone wants to be greeted, just like not every dog wants to be approached on a leash — and that can lead to leash reactivity.”

Stawitz said she limits interactions to a five-second “meet and greet” then moves on. And when it comes to treats, she reserves those for human-dog interaction to prevent dogs from getting aggressive with other dogs and protecting their resources.

Socialization is more than just other dogs and people. Stawitz pointed to a socialization checklist compiled by Dr. Sophia Lyn, which highlights a number of socialization checkpoints, ranging from men with beards to appliances.

“Socialization involves a lot of elements,” she said. “For example, you can bring out a blender in the summer. If the dog’s never heard that sound in all winter, then all of the sudden the blender turns on, it can get scared and start peeing in the corner.”

And, finally, the humans are the ones that need to stick it out. “When people stop, it’s because they’ve had a negative experience,” she said. “If you have a bad experience with your child, you don’t give up — you just work to make sure the next experience is positive. The same should apply to your puppy.”

— JASON MENARD

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Pets age faster than we do, so an annual checkup is important

Pets are important members of our families, and just like our human loved ones, pets need routine medical care to stay healthy and happy.

“There are things that need to be looked at on a long term basis for the long-term health of the pet,” says Dr. Jim Standish, veterinarian and owner of Alpine Animal Hospital in Winnipeg. “That relates to their nutrition, their oral health, their level of fitness like exercise, and their grooming.”

“The same thing that people are doing for themselves — or the things they should be doing for themselves — they should be doing for their pets as well.”

As well as watching your pet’s health and taking them into see a doctor when they’re sick, Standish says pet owners should also bring their pets in for a check-up with a veterinarian at least once a year.

“The key thing that people forget is that cats and dogs age much faster than we do,” he says.

To learn more

Like Alpine Animal Hospital on Facebook for more information on how to keep your pet feeling its best.



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“For every year that goes by, physiologically cats and dogs age six to eight years. So if they’re seen by a vet on a yearly basis that’s still only the equivalent of a person going to the doctor every six to eight years.”

Alpine Animal Hospital offers all the services needed to take care of your pets’ routine health care needs including diagnosis, surgery, dentistry, and preventative medicine available at their in-house pharmacy.



Standard meets entry-level luxury



REVIEW

Despite detractors, Envision proves itself

Michael Accardi
AutoGuide.com

When Buick announced its intention to bring over the Envision built in China, you couldn't go 10 minutes on the Internet without stumbling into some kind of furious consternation.

After only a few short months on the market, Americans have proven that the Envision more than speaks to consumer needs. The Envision isn't just Buick's quickest turning model, but also the quickest turning among its chief rivals — its 25-day turnover rate is half of its next closest competitor.

Stacking the deck even more in Envision's favour — to date — it has only been available in two top level trims, Premier I and II. With MSRP's well into the forties, the up-market focused 2016 Envision was offered with a generous smattering of standard equipment, Bose stereo, heated leather front and rear seats, heated steering wheel, ad-

vanced safety features and AWD. Since Buick decided to turn itself around nearly a decade ago, the brand has lived at the alter of safety, whisper-quiet interiors and elegant, tasteful design.

On the road, the Hi-Per front end keeps everything compliant during heavy acceleration, helping mitigate torque steer and increasing steering feel, while overall providing a soft and plush ride without being soft and wallowy.

The real star of the show is the new mechanical Twin-Clutch AWD system, similar to the one featured in the Cadillac XT5. Buick claims its version was tuned for comfort instead of outright performance. Where the twin-clutch Envision differentiates itself from competitors is its use of mechanical clutches in the rear differential to maximize traction instead of simply using stability control and individual wheel braking to manage slip.

For 2017 Buick equips all Envisions with ten standard airbags sprinkled throughout the cabin, along with Surround Vision and automatic front braking and rear parking aids.

Scoff if you want at the idea of a Chinese-built Buick, but it's a properly executed product that nestles itself in where the top of mainstream meets entry level luxury, making it an attractive proposition.

THE CHECKLIST | 2017 BUICK ENVISION

THE BASICS

Engine: 2.0-litre Turbo-charged Inline-4
Power: 252 horsepower, 36 kilogram metres of torque
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 11.8 city, 9.2 highway, 10.6 combined (premium required)
Price: Starts at \$39,995



LOVE IT

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MERCEDES BENZ

Generation EQ concept to compete with Tesla

Giving us a glimpse at its vision for emissions-free motoring, Mercedes-Benz revealed something of a Tesla-killer in Paris. The concept is called the Generation EQ, which, according to the press release, stands for Electric Intelligence. Beneath that coupe-like styling, this four-seat vehicle is motivated by two separate electric motors that provide some 400 hp. Generation EQ is the forerunner to a new Mercedes-Benz sub-brand that will focus on electric mobility.

CRAIG COLE/AUTOGUIDE.COM



AUDI

RS3 coming to Canada

Audi has revealed its pint-sized RS3 which will be available in Canada, packing big power into a little package. Under the hood of the RS3 will live a 2.5-litre five-cylinder engine with 400 horsepower, sent to all four wheels through a seven-speed dual-clutch transmission. The jump from 0 to 100 km/h will happen in just 4.1 seconds, while a top speed of 250 km/h has been set. On request, Audi will bring that top speed up to 280 km/h. Overall, the car is 26 kilograms lighter than its predecessor.

STEPHEN ELMER/AUTOGUIDE.COM



WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

TYPER

Honda teases new Civic prototype

The new Civic Type R is getting closer to launching in North America and Honda is teasing us once again with a new prototype. This fresh prototype debuted alongside the new Honda Civic Hatchback at the 2016 Paris Motor Show. This is likely very close to the version that will come to the United States next year as a 2018 model year vehicle. As can be expected, a body kit makes the new Civic Type R look plenty aggressive with larger fenders and air intakes. A large rear wing, a carbon-fibre diffuser, and three-port central exhaust setup can be found out back. Honda didn't offer any specifics on the powertrain, though it's already known that the car will use a turbocharged 2.0-litre four-cylinder engine. In the current Type R, this motor makes 306 horsepower, a number that's expected to improve.

STEPHEN ELMER/AUTOGUIDE.COM

NISSAN

New Micra completely reimagined

Nissan rolled out an all-new Micra subcompact in Paris. The Japanese brand says that the new Micra is totally "revolutionary" and should be a leader when it comes to technology and fuel economy. Compared to today's Micra, the new car is lower, longer and wider, providing more interior space according to Nissan, though interior dimensions weren't given. Under the hood, the Micra will offer a 1.5-litre four-cylinder diesel, a 0.9-litre three-cylinder turbocharged gas-powered engine.

STEPHEN ELMER/AUTOGUIDE.COM



+ IN BRIEF

2017 Ford Raptor's EcoBoost V6 cranked up to 450 HP

It'll be easy to an easy point to miss so we'll put it right up front: The 2017 Ford F-150 Raptor will be more fuel efficient than the previous generation — and 23 per cent more efficient at that! We're sort of kidding about putting that up front because the real headline most care about is the performance numbers of the new Raptor's twin-turbo high-output EcoBoost V6, which need to be impressive since the new engine is replacing the outgoing 6.2-litre V8. Fortunately they are, with a claimed 450 horsepower rating of the new Raptor. JOSH BURNS/AUTOGUIDE.COM

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36
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metr SPORTS

The Blackhawks are the odd-on favourites, according to Westgate Las Vegas SuperBook, to win the Stanley Cup at 6-1

McDavid an 'elite player' going into second season

NHL

Oilers star has done nothing but impress in first 45 games

Connor McDavid went around Pavel Datsyuk like he was standing still, blowing past a longtime NHL star for the kind of scoring chance a teenager shouldn't be able to produce with such ease.

McDavid playing above his age is nothing new.

"I've seen him ever since he's been about 14 years of age and he's been the best player against everybody two, three years older than him," Dallas Stars general manager Jim Nill said. "He's an elite player."

McDavid is elite at 19 years old, and going into his second pro season with the Edmonton Oilers is already knocking on the door of being the best hockey player in the world. Sidney Crosby has that title right now, but uncertainty about the Pittsburgh Penguins captain's third concussion in six years has put his run of dominance on hold.

Oilers general manager Peter Chiarelli believes "in short or-

der" fans will realize how stellar McDavid is. The "Great One" already sees it.

"I like Connor McDavid," Wayne Gretzky said. "I think this kid's going to be a tremendous superstar and a great player for our sport for a long time."

McDavid follows Gretzky, Eric Lindros and Crosby as a generational talent who everyone knew had star potential. A broken collarbone limited him to 45 games in his rookie season, yet McDavid still had 16 goals and 32 assists. He was a finalist for the Calder Trophy despite missing half the season.

Making moves like he's using a joystick, McDavid is earning every bit of the hype that has surrounded him since he had 209 points in 88 games during his 14- and 15-year-old midget season in Toronto. His peers are in awe at just how fast McDavid is able to make plays.

“

I just think the ceiling is endless with him. He's going to be the face of our game for many, many years.

Stars GM Jim Nill

"You can see a guy who can make plays in full speed," said Stars forward Lauri Korpikoski, who spent last season in Edmonton. "He's got some wheels, he can fly and at the same time he sees the ice and is able to make plays and find guys at that full speed."

The NHL is trending toward speed and skill, and McDavid



The Oilers' Connor McDavid skates around Ryan Kesler of the Ducks on March 28 in Edmonton. JASON FRANSON/THE CANADIAN PRESS

exemplifies that. Scouts — and his own agent and Hockey Hall of Fame defenceman Bobby Orr — have said McDavid needs to build upper-body strength as he grows into his frame, and having a stronger lower body, as Crosby does, would push him even further.

That will come in time. Hockey lifers see all the right ingredi-

ents for greatness in McDavid, who is part of an exciting wave of young players that includes 2016 top picks Auston Matthews of the Toronto Maple Leafs and Patrik Laine of the Winnipeg Jets, 2015 No. 2 pick Jack Eichel of the Buffalo Sabres and 2014 No. 1 pick Aaron Ekblad of the Panthers.

The future of the sport is

bright because of all that talent, but McDavid stands out — even to his peers.

"He's a very special player, everybody knows who he is and what he can do," Matthews said. "He thinks the game extremely well, and he's a fast player.... He can do a lot of things at a pace that not many people can do."

THE ASSOCIATED PRESS

CFL

Redblacks turn back to Burris

With the Ottawa Redblacks struggling to find ways to win, the team is hoping its oldest player can make a difference.

The Redblacks will turn to veteran quarterback Henry Burris Friday night as they take on the Hamilton Tiger-Cats (6-8-0) in the first of a home-and-home series.

After a disappointing 32-30 loss to the Saskatchewan Roughriders last week, the Redblacks are giving the ball back to Burris in hopes he can ignite a team that continues to search for its identity.

“

It's the calm in his voice and his confidence it makes you feel it too.

Running back Mossis Madu

The Redblacks dropped to 6-7-1 with the loss and are below .500 for the first time since their inaugural season in 2014.

Burris, who hadn't played since Aug. 19, replaced Trevor Harris in the fourth quarter and managed to rally his team back from a 15-point deficit. The Redblacks lost in overtime, but there was a change in dynamic once Burris took the field.

In 11 games Harris has thrown for 3,303 yards, and his 73.6 per cent completion rate ranks him first in the league among QBs who have played 10 or more games.

THE CANADIAN PRESS

MLB PLAYOFFS

Estrada gets nod for Jays in ALCS opener

Toronto right-hander Marco Estrada set the early tone for the American League Division Series in his start last week in Texas.

The Blue Jays are hoping for a repeat performance in the AL Championship Series on Friday in Cleveland.

Manager John Gibbons confirmed Tuesday that Estrada will be the Game 1 starter at Progressive Field.

"I think he was the logical choice," Gibbons said. "We could have gone with anybody and



Marco Estrada GETTY IMAGES

felt good. But he's been so good in that role and then we'll just shape it after him in these next couple days." THE CANADIAN PRESS



MLB IN BRIEF

'Indians' not part of broadcaster's vocabulary

Blue Jays broadcaster Jerry Howarth won't be using the word "Indians" when he calls the American League Championship Series between Toronto and Cleveland, and he says he hasn't uttered the team nickname on the air for nearly 25 years. Howarth told The Fan 590 on Tuesday that he stopped using team names like Indians and Braves after receiving a letter from an indigenous fan in 1992. THE CANADIAN PRESS

Farrell's job in Boston is safe for another season

John Farrell will be back as the Boston Red Sox manager in 2017.

President of baseball operations Dave Dombrowski made the announcement on Tuesday, a day after the club was swept out of their American League Division Series by the Cleveland Indians.

Dombrowski said the season was a success after the ballclub went from worst to first to win the AL East.

THE ASSOCIATED PRESS

COURT

Judge won't rule out mistrial for Rose

A judge in the trial of a rape lawsuit against NBA star Derrick Rose and two other men said Tuesday that he's considering a mistrial after criticizing the plaintiff's lawyers as "unbelievably careless" in production of exhibits.

Rose's lawyers asked U.S. District Court Judge Michael W. Fitzgerald to declare a mistrial because they had not been

given three text messages important to their case until Friday, when Rose was on the witness stand.

The lawyers for the woman who accused the New York Knicks player and two friends of raping her in her apartment in 2013 said the texts were previously disclosed

and the argument was frivolous. THE ASSOCIATED PRESS

\$21.5M

The amount the accuser is seeking in the civil lawsuit.

Niners turn to Kap to make it happen

NFL

San Francisco decide to start controversial quarterback

The San Francisco 49ers are putting their future back into Colin Kaepernick's hands.

Coach Chip Kelly announced the decision Tuesday to bench Blaine Gabbert and to give back the starting job that Kaepernick lost midway through last season. Kaepernick has only played briefly in the opener but has generated attention with his refusal to stand for the national anthem as a form of protest.

"We were very analytical and sat down as a staff and watched tape and went over everything," said Kelly. "We've had a couple days to digest everything where we are. I think offensively, we just need to be better and we



Colin Kaepernick has been at the centre of controversy for his national anthem protests. EZRA SHAW/GETTY IMAGES

just need to make a move."

Gabbert has struggled this season for San Francisco (1-4). He is last in the NFL in yards per attempt (5.9) and has the second-worst passer rating (69.6) in the league.

"It's not Blaine's fault," said Kelly. "I think as a group, offen-

sively we need to be better in a lot of ways. So we're going to see what we can do and make a move here. It's really one of the only manoeuvres we can make based on our depth."

Kelly said Kaepernick's ongoing protest had no bearing on his decision.

After leading the Niners to the Super Bowl following the 2012 season and the NFC title game the following year, Kaepernick has struggled. He lost his job to Gabbert midway through last season and then had three operations that limited his work in the off-season.

"I'm ready to play," Kaepernick said Tuesday. "It's been about a year since live-game action. So I'm itching to get back out there."

Kaepernick said looking at the offence, "there's just small things here and there that we need to clean up, we need to correct, as a whole."

"Hopefully those are things that we progress on this week and show Sunday," he said.

Kaepernick confirmed there have been discussions with the team about restructuring his six-year contract extension, but he said he feels "no pressure" to get the deal done before Sunday's game.

THE ASSOCIATED PRESS

DOPING SUSPENSION

Eagles right tackle gets 10-game ban

Philadelphia Eagles right tackle Lane Johnson has been suspended for 10 games by the NFL for violating the league's policy on performance-enhancing substances.

Johnson will be eligible to return on Dec. 19. It's his second suspension. One more would cost Johnson two years. Johnson appealed the positive test, but an arbitrator upheld the ruling.

"We are disappointed with arbitrator James Carter's summary ruling," Johnson's attor-



Lane Johnson
GETTY IMAGES

ney, Steve Zashin, said in a statement Tuesday.

In January, Johnson signed a five-year, \$56 million contract that included a \$10 million signing bonus and \$35.5 million guaranteed. His base salary for this season is \$675,000, so he has to forfeit \$421,875. The suspension also nullifies his guaranteed money. THE ASSOCIATED PRESS

SOCCER IN BRIEF

Germans atop of Group C

Two quick-fire goals earned Germany a 2-0 win over Northern Ireland to put the defending champions top of World Cup qualifying Group C on Tuesday.

Goals from Julian Draxler and then Sami Khedira maintained Germany's perfect start after three games. Azerbaijan are the surprise package in second after a draw with the Czech Republic. THE ASSOCIATED PRESS

Morocco rout Canada

Hakim Ziyech converted two penalties as Morocco shut out Canada 4-0 in a men's soccer friendly Tuesday.

Mehdi Carcela and Rachid Alioui also scored for Morocco, as Canada split its two-match October series. Canada defeated Mauritania 4-0 on Thursday. Canadian goalkeeper Milan Borjan left the game injured. THE CANADIAN PRESS

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RECIPE Roasted Chicken with Grapes



PHOTO: MAAYA VISNEI

Ceri Marsh & Laura Keogh
For Metro Canada

This sweet and savoury combination is dinner-party worthy but simple enough for weeknight meal.

Ready in 30 minutes

Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions

1. Preheat oven to 400 degrees.
2. In a large, oven-safe skillet, warm olive oil over medium high heat. Brown, but don't worry about cooking through, chicken thighs, 3 minutes each side. Remove from skillet and place on a clean plate.
3. Reduce heat under skillet to medium and toss in shallots and garlic. Cook 3 minutes until they soften. Add grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.
4. Nestle chicken pieces into the sauce and place the skillet in the oven. Bake 20 minutes.
5. Serve over couscous, mashed potatoes or polenta.

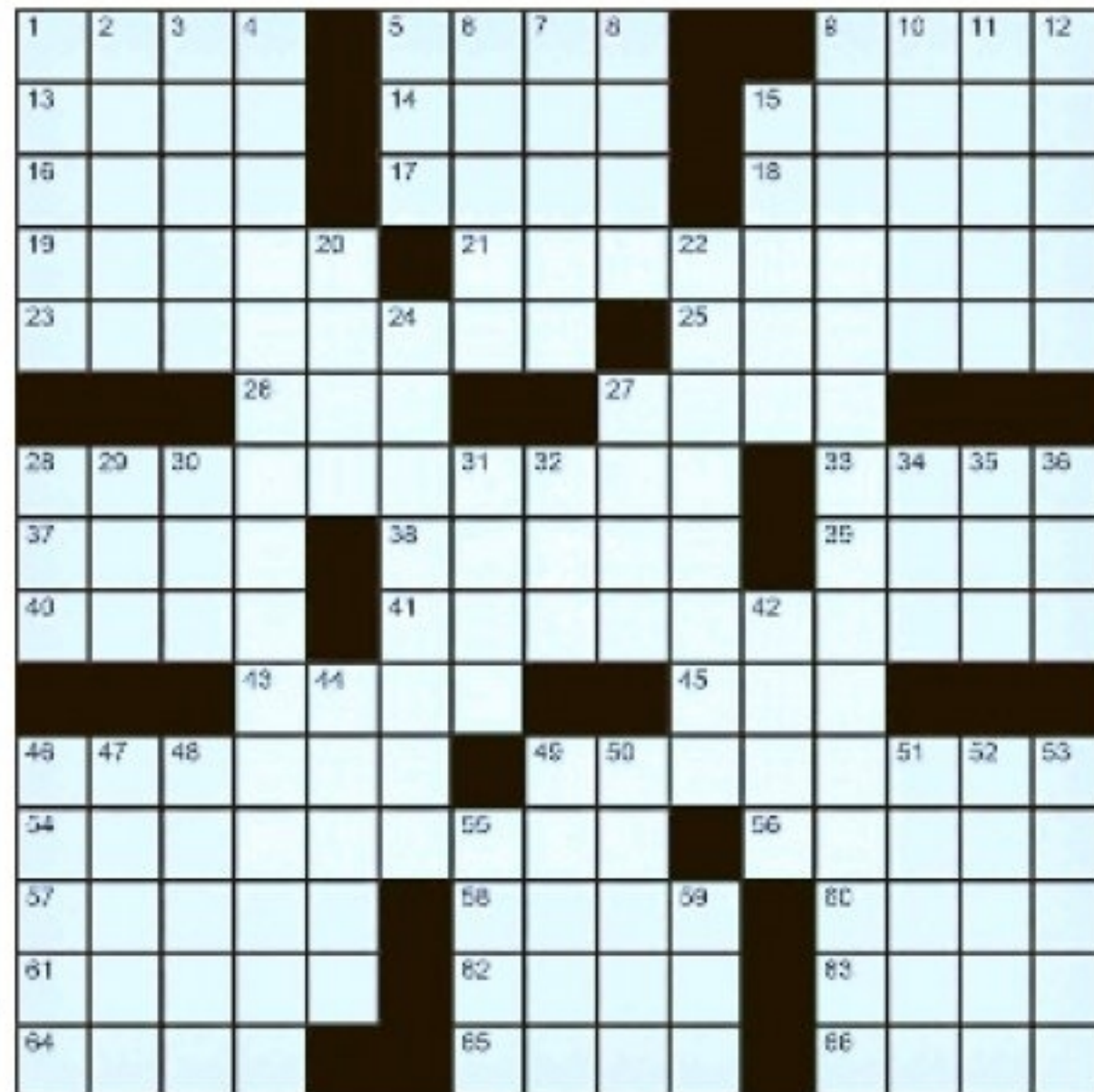
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Coral
5. Pretends
9. Strawberry and Raspberry, in jars
13. North-Eastern Canada: People whose homeland is called Nitassinan
14. __ muffins
15. Parking attendant
16. Animal den
17. Pacific North-west salmon
18. School, in Hull
19. Les __-Unis (United States, in Sherbrooke)
21. Nickname
23. Reduction
25. Dodges
26. Swiss peak
27. Headquarters
28. 1991 Tragically Hip album on which the tune at #9-Down is a track: 2 wds.
33. Flat-bottomed vessel
37. Competent
38. Uprising uproars
39. McIntosh's middle
40. Kilometre's cousin in The States
41. Is emulating a fugitive, is what?: 3 wds.
43. Give in
45. Old French coin
46. More, at any concert
49. Stood firm
54. Mothers of some cubs
56. Look and look
57. Plane: French
58. __-daisy



60. Mr. Clapton
61. Ms. Hopkins of '80s sitcom "Gimme a Break!"
62. Scottish slope
63. __ extra cost
64. Simple
65. Some beans
66. Cdn. hock-

ey competi-
tion in 1972

DOWN

1. Miffed
2. Related maternally
3. 1946: 'Giant Brain' computer
4. The Bane of Bea-

vers/The Begin-
nings of Business...
Canada's com-
merce commen-
cer: 3 wds.
5. "When Smokey
Sings" band
6. __-examination
7. Lake __ (American
resort)

8. High-hatter
9. Underwater explorer in The Tragically Hip song "Twist My Arm": 2 wds.
10. Not silently
11. Type of disturbance
12. Leaves in, in proofreading

15. Bridal accessories
20. Ms. Ward
22. Consider things with fresh eyes
24. Sanctions
27. Title lady of a KISS ballad
28. Bash
29. Geisha's outfit accessory
30. Everything
31. Hanker
32. Movie studio area
34. Dove's patter
35. Surgery sites, shortly
36. Tiny
42. Miss Lane of comics
44. Field
46. Uplift
47. Skin care company
48. Springs
49. Artwork like the original, informally
50. Magazine piece
51. Fruit-filled pastries
52. Brockovich and Moran
53. Home designer's interest
55. Stand-ins
59. Approving answer

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you feel so tenderhearted that you are willing to put the interests of others before your own. In fact, you will find it rewarding to be able to help someone who is less fortunate.

Taurus April 21 - May 21
You might idealize a friend today. In one way, this promotes a warm friendship. Nevertheless, it's always wise to be realistic.

Gemini May 22 - June 21
Someone in a position of authority (boss, parents or VIPs) will be aware of your efforts to help someone who is in need of assistance. This might inspire others to do likewise.

Cancer June 22 - July 23
Because your appreciation of beauty is heightened today, give yourself a chance to enjoy beautiful things and places. Visit art galleries, museums, architectural buildings and landscaped parks.

Leo July 24 - Aug. 23
If you are sharing something with someone today, don't give away the farm. There is such a thing as "idiot compassion." Remember: You count, too.

Virgo Aug. 24 - Sept. 23
Relations with partners and close friends will be warm and friendly today. If you can do something to help someone, it will be gratifying for both of you.

Libra Sept. 24 - Oct. 23
A co-worker might confide in you today or need some counselling. Or perhaps he or she just needs a sympathetic ear. Whatever the case, you are willing.

Scorpio Oct. 24 - Nov. 22
You feel tender toward the needs of children today. If you can help a young person, you will. Meanwhile, romance is stary-eyed and dreamy!

Sagittarius Nov. 23 - Dec. 21
You feel genuine concern and compassion for a family member today. This is why you want to show your support for them in any way that you can. This will be a win/win situation.

Capricorn Dec. 22 - Jan. 20
Don't worry if you spend a lot of time daydreaming or being lost in thoughts about fantasies. After all, everyone needs a day like this now and then.

Aquarius Jan. 21 - Feb. 19
Be careful with financial matters today because you are inclined to overlook details. Don't be a sucker for a sob story. Make sure you know what you're doing.

Pisces Feb. 20 - March 20
Today the Moon is lined up with your ruler, Neptune. This enhances your psychic feelings. It also makes you very sympathetic to others.

CONCEPTIS SUDOKU by Dave Green

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